



FIRST FOOD COMPANY

DALLAS, TEXAS

SUGAR FREE 3 OZ CHOCOLATE PUDDING

Nutrition Facts

Serving Size 1 2/3 Tbsp (11g)
Servings Per Container (3 oz Bag) 8

Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: INGREDIENTS: FOOD STARCH-MODIFIED, COCOA PROCESSED WITH ALKALI, MALTODEXTRIN, TETRASODIUM PYROPHOSPHATE, WHEY, DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, MONOCALCIUM PHOSPHATE, NONFAT DRY MILK, ASPARTAME* (NON-NUTRITIVE SWEETENER), AND LESS THAN 1% OF EACH OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN OIL, TITANIUM DIOXIDE (FOR COLOR), WHEAT STARCH, AND XANTHAN GUM .

CONTAINS MILK AND WHEAT

***PHENYLKETONURICS: CONTAINS PHENYLALANINE**